

DOSAGE CUP
TEAR HERE

32
½ oz servings



Liquid
Fiber™



No Mixing • No Mess • No Hassle

Just Pour & Drink

DIRECTIONS: Shake well before use. For 5 g of fiber take 1 tablespoon (½ ounce or 15 mL). For 10 g of fiber take 2 tablespoons (1 ounce or 30 mL). May be taken up to 3 times daily. Formulated for adults and children 12 years of age and older. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size	1 Tablespoon ½ oz (15 mL)	2 Tablespoons 1 oz (30 mL)		
Servings per Container	32	16		
Amount Per Serving	% DV		% DV	
Calories	15	30		
Total Carbohydrate	6 g 2%†	12 g 4%†		
Dietary Fiber	5 g 20%†	10 g 40%†		
Soluble Fiber	5 g **	10 g **		
Sugars	0 g **	0 g **		

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

INGREDIENTS: Purified Water, Resistant Dextrin (soluble vegetable fiber), Natural Orange Flavor with Other Natural Flavors, Natural Peach Flavor with Other Natural Flavors, Malic Acid, Sodium Benzoate (as preservative), Color (carrot/apple extracts), Potassium Sorbate (as preservative), Xanthan Gum, Stevia (leaf)

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Questions? 1-800-9NATURE or liquidfiber.com

The easy way to add more
fiber to your daily diet
for digestive health*

- Just pour and drink
- Gentle, easy to digest
- Non-GMO vegetable fiber
- Sugar free, sweetened with stevia
- Small serving sizes



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†5g of soluble fiber per ½ oz serving of Nature's Way Liquid Fiber compared to 2g of soluble fiber in 1 rounded teaspoon serving of the leading sugar free fiber powder supplement.

Tamper Evident: Safety sealed with printed outer shrink-sleeve over bottle cap and printed inner seal. Do not use if either seal is broken or missing. **Keep out of reach of children. Store at room temperature. No refrigeration necessary.**

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Liquid
Fiber™
2x more
soluble fiber

than the leading sugar free fiber powder supplement†



Sugar Free Orange
Orange Flavor & Other Natural Flavors

16 FL OZ (480 mL) DIETARY SUPPLEMENT

Certified
GF
Gluten-Free

